

Name of Lead Agency	Commonwealth of Massachusetts
Location	Boston, MA
Title of Project	Massachusetts Family Recovery Project-Hampden County
Program Option	Five-Year plus 2-Year Extension
Geographic Area and Congressional District Served	City of Boston 7 th Congressional District; Urban
Brief Program Description	<p>The Massachusetts Department of Public Health Bureau of Substance Abuse Services (BSAS) and the Department of Children and Family Services (DCF), in collaboration with the Institute for Health and Recovery (IHR) and Brandeis University evaluators, seek to continue the Family Recovery Project (FRP) of Hampden County. With funding from the Administration for Children and Families (ACF) in 2007, the FRP implemented intensive home-based services with DCF-involved families affected by substance use whose children had been removed or were at risk of removal. The project served nearly 200 families in the first five years of the grant project and data collected indicated that the service model is effective in stabilizing families and reducing the length of time children are in foster care, strengthening recovery, improving access to a comprehensive range of services for all family members, and reducing trauma and mental health symptoms. The grantee sought two additional years of funding to further demonstrate the effectiveness of the approach and share methods and results with other states considering similar approaches to care.</p> <p>The FRP service model focuses on stabilizing families, strengthening recovery, improving family and child access to a range of therapeutic and developmental services, and improving child outcomes and well-being. FRP services are family-centered, strengths-based, trauma informed and employ the evidence-based approaches of Motivational Interviewing to engage parents in recovery, Child Parent Psychotherapy to improve parent-child attachment, the Nurturing Program to improve parenting skills and empathy, and Seeking Safety to help heal the impact of trauma.</p> <p>In addition to FRP services, a Family Recovery Council (FR Council) of 38 substance abuse treatment, child welfare, early intervention and social service agencies meets regularly to increase cooperation, communication, and collaboration.</p>

Target Population	<p>The target population for this project includes high risk families who have open cases with DCF, have children who have been removed from the family and have a goal of reunification, or have children who are at imminent risk for removal because of parental substance abuse. Families who have current substance abuse/co-occurring mental health concerns, and who are not adequately engaged in treatment have priority. The project serves both court involved and voluntary families following completion of a child welfare investigation / initial assessment.</p>
Participants Served	<p>Children: 129 Adults: 74 Families: 70</p>
Major Goals	<p>Major program goals included:</p> <p>The overarching goal of the Family Recovery Project (FRP) is to promote child well-being and family stability.</p> <p>Goal I Improve the well-being, permanency outcomes and safety for children.</p> <ul style="list-style-type: none"> • 1.1 50% of families enrolled in the FRP will remain in the program for at least 6 months. • 1.2 Families in the FRP will accomplish 60% of the objectives on their family service plans. • 1.3 Among children in out-of-home placement, FRP families will be reunited sooner than in the comparison families. • 1.4 Among children living with their parents, the proportion placed out of the home will be lower in the FRP than in the comparison group. • 1.5 Children in the FRP will show statistically significant improvements on measures of behavioral/emotional well-being. <p>Goal 2 Improve parents' stability in recovery, well-being, and family interactions.</p> <ul style="list-style-type: none"> • 2.1 90% of families will be assessed for community support services within 3 months. • 2.2 Of the families who needed community support services, 80% will receive them. • 2.3 75% of parents who relapse will reengage in substance abuse treatment services. • 2.4 Parents in FRP families will show statistically significant reductions in addiction severity.

- 2.5 Parents in FRP families will show statistically significant improvements in parenting and child-rearing skills, mental health symptoms, and trauma symptoms.

Goal 3 Improve children's developmental outcomes.

- 3.1 90% of children will be assessed for developmental and educational needs within 3 months.
- 3.2 Of children identified as having developmental or educational needs, 80% will receive them.
- 3.3 Children in the FRP will show statistically significant improvements in adaptive functioning.

Goal 4 Improve system-level capacity and effectiveness in Hampden County.

- 4.1 The Family Recovery Council will continue to meet regularly, with 75% of member agencies in attendance at meetings.
- 4.2 The FR Council's Cross-Training Committee, Communication Committee, Pregnancy/Postpartum & Medication Assisted Treatment Committee, and Public Relations Committee will continue to refine and expand their efforts.
- 4.3 The Best Practices in Communication protocol and guidebook will be disseminated to area DCF offices and substance use treatment programs in Hampden County by the end of 2013.
- 4.4 Up to 4 cross-training workshops focused on family recovery will be presented each year for substance use treatment, child welfare, and other provider systems

Goal 5: Project model and outcomes will be disseminated across the state and nationally.

- 5.1 The FRP staff and the FR Council will implement a dissemination plan, identify and engage target audiences, and develop and disseminate products such as the Guide to Best Practices in Communication between DCF and Substance Abuse Treatment Providers.
- 5.2 FRP, BSAS, and DCF staff will disseminate information about project services impact and systems collaboration at state and/or national meetings/conferences.

Goal 6: FRP services will be sustained after grant funding.

- 6.1 By June 2013, funders will be actively collaborating to develop a mechanism for financial sustainability.
- 6.2 By September 2014, the FRP will have finalized a cost analysis and use it to recommend a reimbursement rate for our home-based services

	<p>that combines treatment with case management and wrap-around services, and will be in negotiations with funders.</p> <ul style="list-style-type: none"> • 6.3 By September 2014, the FRP will increase the capacity to bill third party for in-home treatment services in addition to working on a rate that is more truly reflective of the intensity and scope of the services. • 6.4 The FRP will present this model to a variety of state funders by the final year. Project Description the FRP provides parents and their children with family-centered, home based services focused on building parent-child attachment, healing the impact of trauma, stabilizing parental recovery, and helping children develop resilience and developmentally appropriate skills and behaviors. Family health and stability are the ultimate goals of services, Families are eligible for services if they have open cases within the Van Wart, Springfield, or Holyoke DCF offices, DCF has concerns about parental substance use, co-occurring disorders and/or trauma, and children have already been removed or are at risk for removal from the home. DCF refers families to the FRP and families are contacted within 48 hours by a Family Recovery Specialist (FRS).
Key Major Program Services	<p>Case Management and In-Home Services</p> <ul style="list-style-type: none"> • Intensive/Coordinated Case Management • “Regular” or “Traditional” In-Home Services <p>Parenting/Family Strengthening</p> <ul style="list-style-type: none"> • Standard and Enhanced Parenting Skills Training/Education • Evidence-Based Parenting or Family Strengthening Program - Nurturing Program for Families in Substance Abuse Treatment and Recovery <p>Family Therapy/Counseling</p> <p>Mental Health and Trauma Services for Adults</p> <ul style="list-style-type: none"> • Mental Health Services • Trauma-Informed Services • Trauma-Specific Services – Seeking Safety <p>Substance Abuse Treatment for Adults</p> <ul style="list-style-type: none"> • Non-Intensive Outpatient or Other Step-Down <p>Specialized Outreach, Engagement and Retention</p> <ul style="list-style-type: none"> • Cognitive Behavioral Strategies – Motivational Interviewing/Motivational Enhancement Therapy • Substance Abuse Specialist • Family team meetings <p>Family-Centered Substance Abuse Treatment</p>

	<ul style="list-style-type: none"> • Provided in home <p>Screening and Assessment – Child Welfare and Other Children’s Issues</p> <ul style="list-style-type: none"> • Screening and Assessment for Child Welfare Issues • Other Specialized Child Screening and Assessment – Behavioral/Socio-Emotional, Developmental <p>Screening and Assessment – Substance Use and Other Adult Issues</p> <ul style="list-style-type: none"> • Screening and Assessment for Substance Use Disorders • Other Specialized Adult Screening and Assessment – Trauma/Domestic Violence, Parenting, Psycho-social <p>Children’s Services</p> <ul style="list-style-type: none"> • Mental Health Counseling • Trauma Services for Children/Youth - Child Parent Psychotherapy (CPP) <p>Cross-Systems Collaboration</p> <ul style="list-style-type: none"> • Clinical and Program Training • Cross-systems Policies and Procedures • Regular Joint Case Staffing Meetings • Co-location of Staff • Partner Meetings – Regional Partnership and Program Management
<p>Partner Agencies and Organizations</p>	<p>Child Welfare</p> <ul style="list-style-type: none"> • Massachusetts Department of Children and Families <p>Substance Abuse</p> <ul style="list-style-type: none"> • AdCare Hospital • Carlson Recovery Center • Carson Center for Adults and Families • Massachusetts Department of Public Health, Bureau of Substance Abuse Services • CleanSlate Centers • Community Substance Abuse Cneters • Dual Diagnosis Taskforce • FRESH Start • Gandara Center • Griswold Behavioral Health Center • Habit OpCo • Massachusetts Behavioral Health Partnership • MOAR • Phoenix Houses of NE • Providence Behavioral Health Hospital

- Watershed Recovery Home
- ATR (Access to Recovery)
- TAPE Projects
- Crossroads Agency
- The Village (BHN)

Criminal Justice, Law Enforcement, Legal and Related Organizations

- Hampden County
- Committee for Public Counsel Services (CPCS)/ Children and Family Law Division
- W Massachusetts Regional Women's Correctional Center
- Western MA Correctional Alcohol Center

Housing

- City of Springfield, Housing Department
- Massachusetts Department of Housing and Community Development
- Department of Transitional Assistance
- Housing Allowance Program (HAP)

Mental Health

- Child Guidance Clinic

Health Services

- Baystate Medical Center
 - Baystate Lactation and Parent Education Program
 - Baystate Neonatal Intensive Care Unit
- Behavioral Health Network – The Village
- Center for Human Development
- Holyoke Medical Center
- Mercy Medical Center
- The Consortium
- Tapestry Health
- Brightside for Families and Children (Mercy Medical Center)

Education

- Holyoke Public Schools
- Massachusetts Center for Early Intervention
- Springfield Public Schools
- Thom Child and Family Services
- Westfield State University

	<ul style="list-style-type: none"> • Baystate Continuing Education Program • Liberty Prep High School <p>Other Community and Child and Family Services</p> <ul style="list-style-type: none"> • MotherWoman, INC. • Square One • Enlace De Familias • SOAR • Learn to Cope • Western MA Parent Support Group • Gandara Center, NIA Program • Springfield Family Support Programs/Family Resource Center • Faith Unlimited Institute • New North Citizen's Council Inc. • Northeast Parent & Child Society • Tenancy Preservation Program • West Central Family and Counseling <p>Other Evaluation and Training</p> <ul style="list-style-type: none"> • Brandeis University
Evaluation Design and Comparison Group Type	<p>Quasi-experimental</p> <p>Historical, Matched Population-Level; Usual Child Welfare/Substance Abuse Services</p>
Performance Indicators	<p>Maltreatment, Reunification, Permanency, Support Services, Child well-being, Access to treatment, Substance use, Adult support services, Mental Health, Parenting, Risk/Protective factors, Coordinated Case Management, SA training & educ for substitute caregivers</p>